

ANDERSON'S SEED & GARDEN

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FEED A FAMILY
FOR \$45



Learn how you can turn a \$45 investment in seeds into a bountiful garden harvest that could provide thousands of dollars of fresh produce for you and your family.

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Seed Collection

With food prices increasing dramatically in the last couple of years, it makes even more sense to grow a garden. While it still costs to grow a garden in time, effort, and money, the cost is far less than you might believe, and the produce you'll harvest is considerably more than you might think. Let us show you how a \$45 investment in seed and 2000 - 2500 square feet of garden space can translate into enough food to feed a family of 4 for almost an entire year. Keep in mind that you can consume your produce straight from the garden, and the excess can always be stored, canned or frozen for use throughout the entire year. This has the potential to save you thousands on your grocery bill.

At Anderson's Seed we have always taught that the benefits of gardening far outweigh the costs. Fresh vegetables from your garden just taste better and provide more nutrients. Growing your own vegetables allows you to control their growing conditions, especially if you prefer to garden organically: fertilizers, pesticides, and soil amendments are all under your control, not someone else. That makes them considerably healthier and safe for you. Gardening encourages a lifestyle with plenty of outdoor time and activity that makes you healthier both physically and mentally - less stress, less screen time, less conflict, more exercise, more fresh air.

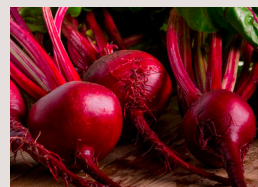
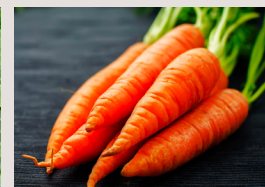
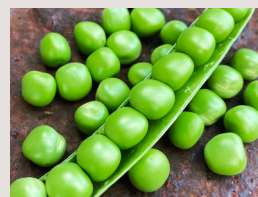


LET US SHOW YOU HOW A \$45 INVESTMENT IN SEED AND 2500 SQUARE FEET OF GARDEN SPACE CAN TRANSLATE INTO ENOUGH FOOD TO FEED A FAMILY OF 4 FOR ALMOST AN ENTIRE YEAR!



Now that you know the benefits of growing your own garden, and the cost savings, let's plan your garden. First, gardeners love cold weather crops for their versatility and ease to grow. Most of these vegetables you can start directly outside as soon as the snow melts and you can work the soil. To create a longer growing season, start seedlings indoors 4-6 weeks before planting outside. Since these varieties thrive in cooler temperatures, you can plant a second crop in late July or early August for an additional harvest in late September/October. Reusing some of the space in your garden after other crops have finished producing allow you to get a double harvest on from the same space. See Anderson's Vegetable Information Guide for more detailed information on when and how to plant each variety.

- **Green Arrow Peas:** (\$3.00)
1/2 lb covers 50' & produces 15-20 lbs
- **Yellow Spanish Onions:** (\$1.75)
1/8 oz covers 30-40' & yields 70-80 lbs (120 onions)
- **Bloomsdale Spinach:** (\$1.75)
1/4 oz covers 25' & produces 25 lbs
- **Danish Ballhead Cabbage:** (\$1.25)
1/64 oz grows 25 heads (50') & yields 70-80 lbs
- **Heat Tolerant Lettuce Mix:** (\$1.75)
1/16 oz grows 20-30' & yields 20-25 lbs
- **Nantes Carrots:** (1.75)
1/4 oz covers 25-30' & produces 40-50 lbs
- **Detroit Red Beets:** (\$1.75)
1/2 oz covers 50' & produces 50-60 lbs
- **Bright Lights Chard:** (\$1.50)
1/8 oz grows 15-20' & produces 25-30 lbs
- **Purple Top Turnip/Kohlrabi:** (\$1.75)
1/8 oz grows 20-25' & yields 25-30 lbs
- **Norland Potatoes:** (\$5.00)
5 lbs grows 50-60' & yields 75-90 lbs



These quantities of cold crops can yield up to 500 lbs of produce with seed costs around \$22. Remember that you can double plant many of these crops for fall harvest that could boost your production by another 50% for an additional \$12-15.00 in seed.



With your cold weather crops established and growing, we can focus on the frost sensitive Summer crops. These vegetables have shorter life spans but produce the most harvest for your dollar (and some of the most delicious vegetables!). Gardeners traditionally sow warm weather crops directly from seed or use transplants. We start our tomatoes and peppers indoors 6-8 weeks in advance and squash/melon/cucumbers 2-3 weeks before transplanting them outside.

While we have had success planting nearly every vegetable directly in the garden from seed, we still recommend starting peppers and tomatoes inside in March – growing these varieties from seed indoors allows more time for your soil to warm up and provides a safer environment for your sensitive seedlings. They will produce earlier and extend your harvest into the fall. See Anderson’s Vegetable Information Guide for more detailed information on when and how to plant each variety.

- **Ambrosia Corn:** (\$6.00)
1/4 lb grows 100' & yields 150-200 ears (20-30 lbs kernels)
- **Blue Lake Pole Beans:** (\$3.00)
1/4 lb grows 40-50' & yields 60-70 lbs
- **Tomato:** 3 Varieties
(Big Beef Plus, Roma, & Sweet 100 Cherry): (\$3.50)
10 seeds each grows 30 plants & yields 160-200 lbs
- **Pepper:** 2 Varieties
(California Wonder (Sweet) & Anaheim Chili (Hot): (\$2.50)
25 seeds each, grows 50 plants & yields 75-100 lbs
- **Cucumber:** 2 Varieties
(Straight 8 Slicing & Pioneer Pickling) (\$3.00)
1/16 oz each, grows 8 hills (25') & yields 75-100 lbs
- **Green Zucchini:** (\$1.25)
1/16 oz grows 2-3 hills (20') & yields a whopping 60-70 lbs
- **Yellow Crookneck:** (\$1.25)
1/16 oz grows 2-3 hills (20') & yields 60-70 lbs
- **Banana Squash (Winter):** (\$1.75)
1/8 oz grows 4 hills (40') & yields 100-125 lbs
- **Butternut Squash (Winter):** (\$1.25)
1/16 grows 4 hills (30') & yields 75-100 lbs



These summer crops can produce over 800 lbs of vegetables for less than \$25 of seed. When was the last time you left the grocery store with 800 lbs of produce for under \$25 dollars?

These suggested vegetables and varieties are just that: suggestions. You can choose from so many different options when it comes to vegetable varieties and types, that you could try something new every year for a decade and still have more choices. These specific seeds we picked represent a wide selection of heirloom and open pollinated vegetables that have a proven track record for flavor, storability and productivity, while keeping the cost at a minimum.

SEE ANDERSONS VEGETABLE INFORMATION GUIDE FOR MORE DETAILED INFORMATION ON WHEN AND HOW TO PLANT EACH VARIETY.

Although it will cost a little more, don't cut corners when it comes to fertilizer and pest control solutions. All crops need nutrition. Some gardeners think that their soil is consistently full of nutrients, but all it takes is one growing season to deplete a garden of beneficial nutrients and minerals. Plan on fertilizing at planting time, and a minimum of one more time during the growing season. Count on pests coming to taste some of your hard work and damaging your harvest at the same time. For a 2500 square foot garden you should expect to spend \$50-100 for a balanced, slow-release fertilizer, a quick-acting liquid fertilizer and a general purpose insecticide/fungicide. They are necessities, not luxuries.

The amount of vegetables that you can grow in your garden can be overwhelming if you try to eat it all as it reaches maturity. With this recommended seed collection, you could grow over 1300 lbs of vegetables! That's 25 lbs per week for a year. But to truly feed your family all year with your harvest, it must be stored, freeze-dried, bottled or frozen.

A cellar or basement with a consistent temperature of 35-45 degrees will provide perfect conditions to keep many vegetables for months, such as potatoes, onions, carrots, beets, cabbage, winter squash, and turnips. All the other vegetables can be preserved by canning or frozen, depending on your preference, to keep for months or years, providing food for long term use. Keep in mind that freeze-drying works on all these vegetables, but some are more worth the time and effort than others. Hint: don't do any of the fresh greens!

The value of what you harvest from your garden is priceless, but this analysis puts in perspective just how much value it brings financially as well as in pure personal satisfaction. Even vegetables you purchase at the roadside stand or Gardener's Market cost significantly more, and don't hold the taste, nutrition and health that your own vegetables have to offer. There has never been a better time to grow your own garden. Save money and eat well!

Need a little spice with your veggies?

For just a few more dollars add in a few of the easiest and most popular herbs to your garden space.

Basil: 1/64 oz. grows ~15-20 plants - \$1.25

Cilantro: 1/64 oz. grows 10' - \$1.25

Dill: 1/64 oz. grows 10' - \$1.25

Chives: 1/64 oz. grows 10' - \$1.25

