

Grow your own!

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Lovage, onions, arugula amongst the nasturtiums.

Photos Cynthia Brian

Watering consistently is essential, especially in the first few weeks of either sowing the seeds or planting the seedlings. Once established, you'll need to watch how much water your plants covet.

What to plant:

The best advice is to only plant what your family enjoys eating. If you love carrots and turnips, make sure to include them in your design. If you only want fresh tomatoes, then that's your ticket to paradise. Many people attempt to plant too much, then, get frustrated when things either don't flourish or produce a plentitude.

I like to grow a bit extra to give away to friends and to freeze in sauces for the winter months. If you do grow an overabundance of crops, local food banks are always happy to accept your overflow. Also, failure is fertilizer. When a plant dies, throw it in the com-

post pile to grow a richer garden.

When buying seeds, choose high quality seeds from reputable companies or sow seeds that have been saved from high yielding collections. Cheap or inadequate seeds may not germinate, wasting time, space, and money. For select varieties of tomatoes, eggplant, squash and peppers, I prefer buying individual plants so that I have the ability to try a diverse assortment of heirloom and new selections.

Easy to grow from seed:

Carrots	Chard	Cilantro
Radishes	Beans	Chervil
Lettuces	Peas	Parsley
Beets	Spinach	Corn (you need a large space for corn)
Sorrel	Cucumbers	
Arugula	Fennel	

Easiest to grow from transplants:

Eggplant	Rosemary	Lovage (tastes like celery)
Zucchini	Basil	Artichokes (Need a large space for artichokes)
Tomatoes	Thyme	
Peppers	Sage	
Squash	Oregano	
Melons	Marjoram	



Barley and weeds infested with aphids are a habitat for lady beetles.

Photos Cynthia Brian