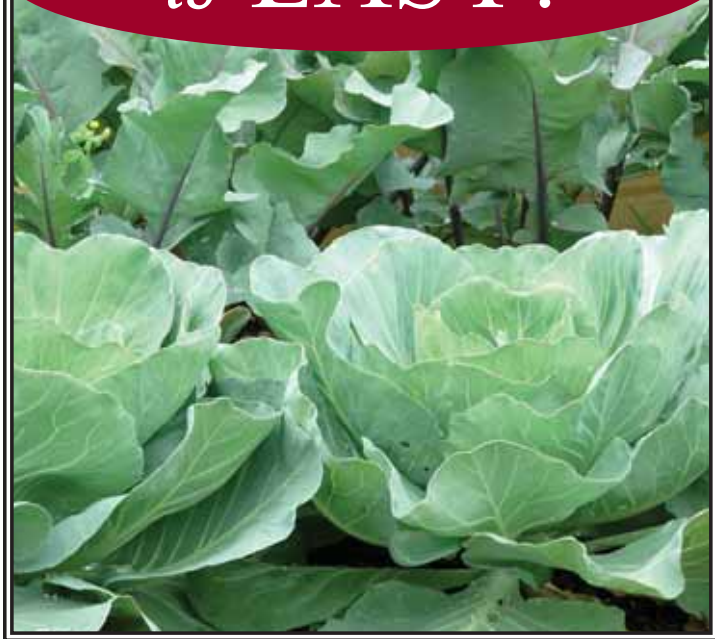


VEGETABLE GARDENING is EASY!



Nothing beats the crunch of fresh cucumbers from a garden. There is no tastier tomato than homegrown. Growing your own vegetables is satisfying, sustainable and fun

THREE RULES FOR BEGINNERS

1. Start small
2. Lots of sun
3. Put up a fence

CONDITIONS

The more sun the better—a minimum of 6 to 8 hours a day is needed for vegetables to thrive. If space is a problem, consider growing bush varieties. Despite their diminutive size, these compact plants still produce heavy yields.

Well-drained soil is a must. Roots need air just like the rest of the plant does. Tilling wet soil can ruin its structure. When the soil is crumbly—not muddy—till with a rototiller or a spading fork, eight inches deep, to loosen the dirt and let air in. Add some compost, peat moss or composted cow manure to lighten heavy clay soils. These amendments will last for many years.

Sunny gardens use more water, making water conservation important. Drip irrigation or soaker hoses can reduce evaporation by as much as 70% and a summer mulch of chopped straw or dried leaves will also help. Mulching also discourages weeds from growing, which is very important since you will need to pull weeds regularly. Watering should be done early in the day so that there is time for absorption before the more intense mid-day sun occurs.

over

FERTILIZING & PEST CONTROL

Vegetables are long-term crops, often taking several months to mature. They can be voracious consumers of nutrients, depleting the soil and making it very important to supplement your garden.

Natural and organic plant foods and compost provide far more benefits than standard chemical plant foods. They are released slowly, only as plant growth requires, and work to boost the population of beneficial microbes in the soil. These microbes break down complex nutrients into useable forms for plant uptake, and their increased presence results in stronger, more pest-resistant plants.

Vegetables should have few pest issues if plants are healthy, and Adams carries a complete line of natural and organic pest control, solutions just in case.

WHAT TO PLANT

It's a good idea to start with the basic varieties.

Plant in April

- Lettuce
- Parsley
- Onions
- Cabbage
- Broccoli
- Cauliflower

Plant in May

- Tomatoes
- Peppers
- Eggplant
- Squash
- Cucumbers

QUESTIONS?

The information in this pamphlet was designed to get you started. We can help fill in the blanks. Once you experience the joy of growing, you will be inspired to learn more. Please do not hesitate to get help from our extremely knowledgeable staff. We are determined to help make your project a success!



POUGHKEEPSIE • KINGSTON • NEWBURGH

www.adamsfarms.com