

SPRING HARVEST CROP CARDS



CARE

Difficulty: Easy

Matures: 21-30 days

Exposure: Cool season/full-sun

Care: Direct sow early to late spring in cool soil. **Seed Depth:** 0.5 cm **Plant spacing:** 1.5 cm **Row spacing:** 30-35 cm (for full size plants) **Thinning:** As they grow, radishes can be thinned to 3-5 cm to allow for more air flow.

Optimal soil temp seeding: 18-24°C

Germinate/Sprout: approx. 5-7 days

[How-to Grow Radish: West Coast Seeds](#)

RADISH INFORMATION



Fun Fact: Ancient Greeks prized radishes above all root crops, even making replicas of them in gold!

Lifecycle: Annual **Variety:** Many different colours & sizes to choose from!

Growing: You can direct sow radishes

- Radishes grow super fast, making them a great spring crop.
- Some radish varieties are ready to harvest just 3 weeks after seeding!
- Because radishes grow so fast, you can plant another round of seeds approximately every 10 days, while the weather is still cool. This allows for a continuous harvest in the late spring and early summer.
- Longer radishes varieties tend to tolerate heat better than the short, round ones.

Harvest: Every part of the radish is edible. Harvest radishes promptly when they are around 2-3 cm. The leaves and developing seedpods are also tasty.

Pollination: Insect pollination **Origin:** China

SPRING HARVEST CROP CARDS

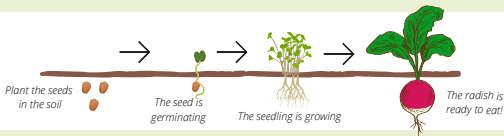
HOW LONG DOES IT TAKE A RADISH TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take _____ days for this plant to be ready to eat!

THEN WE PLANT IT THIS WAY OR THAT WAY

2. We will plant the seed directly outside in the soil (**direct sow**) on this date: _____.

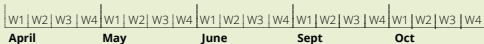
2. We will plant the seed inside (**indoor sow**) on this date: _____ and then **transplant** the seedling outside on this date: _____.



TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat



HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.





SPRING HARVEST CROP CARDS



CARE

Difficulty: Easy

Matures: 40-50 days (+/-)

Exposure: Cool season/full sun-shade

Care: Direct sow or transplant early to late spring in cool soil. **Seed Depth:** 0.5

cm **Plant spacing:** 20 cm for loose leaf varieties & 30 cm for head lettuce **Row**

spacing: 45-90 cm

Optimal soil temp seeding: 10-22°C

Germinate/Sprout: approx. 7-15 days

How-to Grow Lettuce: West Coast Seeds

LETTUCE INFORMATION



Fun Fact: In the seventeenth century, the French candied lettuce hearts to make a sweet dish called gorge d'ange ("Angel's throat").

Lifecycle: Annual **Variety:** Many different colours, shapes & sizes to choose from!

Growing: You can direct sow or transplant lettuce

- Most lettuce does not do well in the heat. When selecting seeds, look for "good resistance to bolting" on the package for varieties that can handle hotter weather.
- Lettuce produces a shallow root system making it a great option for container growing.
- Lettuce can "talk loudly" when thirsty. If you see wilting leaves, give it a drink!

Harvest: You can harvest lettuce leaves as they grow by picking individual young leaves or harvest the entire immature plant or let it grow longer and harvest the entire mature head by slicing it off about an inch above the soil.

Pollination: Self, but insects can cross-pollinate **Origin:** Egypt



SPRING HARVEST CROP CARDS

HOW LONG DOES IT TAKE LETTUCE TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take _____ days for this plant to be ready to eat!

THEN WE PLANT IT THIS WAY OR THAT WAY

2. We will plant the seed directly outside in the soil (**direct sow**) on this date: _____.

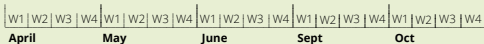
2. We will plant the seed inside (**indoor sow**) on this date: _____ and then **transplant** the seedling outside on this date: _____.



TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat



HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.



Plant Spacing: _____ cm





SPRING HARVEST CROP CARDS

BOK CHOY

(*Brassica rapa chinensis*) | Family: Brassicaceae



CARE

Difficulty: Easy

Matures: 30-50+ days (baby or full)

Exposure: Cool season/full sun-shade

Care: Direct sow early to late spring in

cool soil. **Seed Depth:** 0.5 cm **Plant**

spacing: 5-8 cm **Row spacing:** 30-35

cm **Thinning:** As they grow, Bok Choy can be thinned to 15-20 cm to allow for more air flow.

Optimal soil temp seeding: 21-32°C

Germinate/Spout: approx. 7-10 days

How-to Grow Bok Choy: West Coast Seeds

BOK CHOY INFORMATION



Fun Fact: Bok choy has become so popular worldwide that some producers grow the vegetable indoors, hydroponically in 9-meters high columns!

Lifecycle: Annual **Variety:** Also known as pac (or pak) choy or Chinese cabbage

Growing: You can direct sow or transplant bok choy

- Bok choy does not do well in the heat. When selecting seeds, look for "good resistance to bolting" on the package for varieties that can handle hotter weather.
- Most people enjoy baby bok choy for its fast-growing & tender tasting leaves.
- Occasionally, bok choy will have black flecks known as "pepper spot." This is a harmless cosmetic condition that doesn't impact taste or texture.

Harvest: Like lettuce, the outside leaves of bok choy can be harvested as it grows or when mature, cut the entire plant about 2.5 cm from the ground.

Pollination: Insect pollination **Origin:** China

SPRING HARVEST CROP CARDS

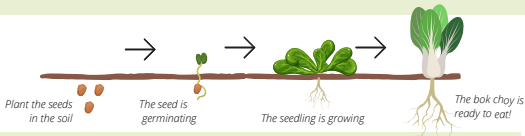
HOW LONG DOES IT TAKE BOK CHOY TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take _____ days for this plant to be ready to eat!

THEN WE PLANT IT THIS WAY OR THAT WAY

2. We will plant the seed directly outside in the soil (**direct sow**) on this date: _____.

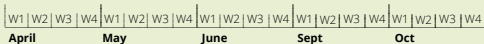
2. We will plant the seed inside (**indoor sow**) on this date: _____ and then **transplant** the seedling outside on this date: _____.



TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat



HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.



Plant Spacing: _____ cm





SPRING HARVEST CROP CARDS



CARE

Difficulty: Easy

Matures: 60-65 days

Exposure: Cool season/full sun

Care: Direct sow in spring to early summer. **Seed Depth:** 0.5 cm **Plant spacing:** 12 cm **Row spacing:** 75-90 cm (for full size plants) **Thinning:** As it grows, kale can be thinned to 45-60 cm to allow for more air flow.

Optimal soil temp seeding: 10-30°C

Germinate/Sprout: approx. 7-10 days

How-to Grow Kale: West Coast Seeds

KALE INFORMATION



Fun Facts: The world's tallest kale plant measured 5.54 m tall!

Lifecycle: Annual+ **Variety:** Many different colours, shapes & sizes to choose from!

Growing: You can direct sow or transplant kale.

- Kale is extremely cold hardy, so you can harvest even as the snow starts to fall. The greens even get sweeter after a frost!
- Kale can also be planted in the fall and harvested all winter if covered outdoors or even uncovered in mild winter regions in British Columbia.
- Curly-leaf varieties of kale tend to survive better in cold weather and flat-leaf varieties of kale are generally ready to harvest sooner.

Harvest: You can eat young kale greens (even as a microgreen) or pick leaves from the bottom up on plants as they grow or harvest leaves from mature plants as you need them. The plants will continue to grow up and up.

Pollination: Insect pollination **Origin:** Eastern Mediterranean

SPRING HARVEST CROP CARDS

HOW LONG DOES IT TAKE KALE TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take _____ days for this plant to be ready to eat!

THEN WE PLANT IT THIS WAY OR THAT WAY

2. We will plant the seed directly outside in the soil (**direct sow**) on this date: _____.

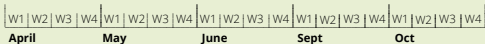
2. We will plant the seed inside (**indoor sow**) on this date: _____ and then **transplant** the seedling outside on this date: _____.



TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat



HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.

Row Spacing:

_____ cm



Seed Depth:

_____ cm



Plant Spacing: _____ cm



SPRING HARVEST CROP CARDS



CARE

Difficulty: Easy

Matures: 45-50 days

Exposure: Cool season/part shade

Care: Direct sow late spring to early summer. **Seed Depth:** 1 cm **Plant spacing:** 2.5 cm **Row spacing:** 30-45

cm (for full size plants) **Thinning:** As it grows, spinach can be thinned to 5-8 cm to allow for more air flow.

Optimal soil temp seeding: 5-20°C

Germinate/Sprout: approx. 7-14 days

[How-to Grow Spinach: West Coast Seeds](#)

SPINACH INFORMATION



Fun Fact: In the 1930s, Popeye the Sailor man, a popular cartoon, helped increase spinach consumption in North America by 30 percent! "I'm strong to the finish, 'cause I eats me spinach, I'm Popeye the sailor man!"

Lifecycle: Annual **Variety:** "Savoury" varieties are very productive and cold hardy

Growing: Direct sow, spinach does not transplant easily.

- Spinach bolts as the days get long and when the soil gets hot. The trick to growing spinach is to grow and harvest it quickly. When selecting seeds, you can also look for "good resistance to bolting" on the package for varieties that can handle hotter weather.
- Spinach can tolerate the cold; it can survive a frost and temps down to -9°C!

Harvest: For baby greens, pick when the leaves are 7-10 cm long. Individual leaves can be picked at any time or to harvest all leaves at once, cut the whole spinach plant just above soil level. Spinach can be harvested until the plant has started to bolt.

Pollination: Self, but insects can cross-pollinate

Origin: Southwest Asia

SPRING HARVEST CROP CARDS

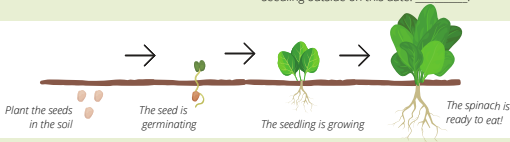
HOW LONG DOES IT TAKE SPINACH TO GROW?

1. Check on the seed package for the **days to maturity**, which tells you that it will take _____ days for this plant to be ready to eat!

THEN WE PLANT IT THIS WAY OR THAT WAY

2. We will plant the seed directly outside in the soil (**direct sow**) on this date: _____.

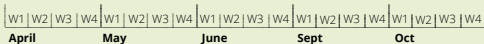
2. We will plant the seed inside (**indoor sow**) on this date: _____ and then **transplant** the seedling outside on this date: _____.



TIMELINE

Use the information above to highlight the timeline below of when to plant the seed, how long the plant will grow, and when you can eat the crop!

Blue = Plant the seed / Yellow = Grow / Green = Harvest & Eat



HOW FAR APART SHOULD PLANTS BE?

Fill in each measurement below for how far apart the rows should be, how deep to plant the seeds, and how far apart to space the seeds or seedlings.

Row Spacing:

_____ cm



Seed Depth:

_____ cm



Plant Spacing: _____ cm

