

# SPRING HARVEST CROP CARDS

## RADISHES

(*Raphanus sativus*) | Family: Brassicaceae



## 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

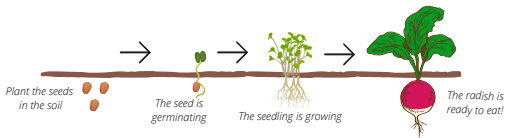
**Origin:** China



# SPRING HARVEST CROP CARDS

## HOW LONG DOES IT TAKE A RADISH TO GROW?

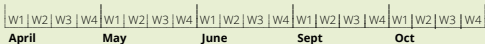
1. Check on the seed package for the **days to maturity**, which tells you that it will take \_\_\_\_\_ days for this plant to be ready to eat!
2. We will plant the seed directly outside in the soil (**direct sow**) on this date: \_\_\_\_\_.



## 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

## LETTUCE

(*Lactuca sativa*) | Family: Asteraceae



## 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

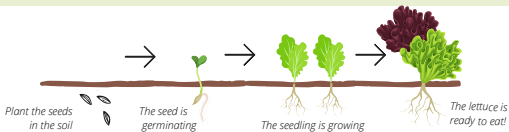
## HOW LONG DOES IT TAKE LETTUCE TO GROW?

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**

W1   W2   W3   W4	W1   W2   W3   W4	W1   W2   W3   W4	W1   W2   W3   W4	W1   W2   W3   W4
April	May	June	Sept	Oct

## 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

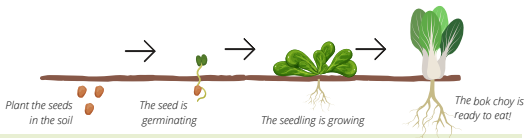
## HOW LONG DOES IT TAKE BOK CHOY TO GROW?

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: \_\_\_\_\_.

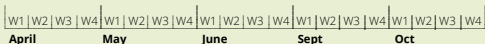
2. We will plant the seed inside (**indoor sow**) on this date: \_\_\_\_\_ and then **transplant** the seedling outside on this date: \_\_\_\_\_.



### 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.





# 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

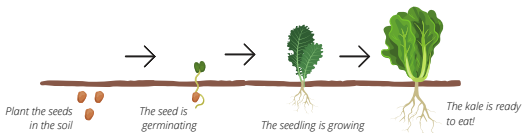
## HOW LONG DOES IT TAKE KALE TO GROW?

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!

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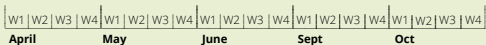
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### TIMELINE

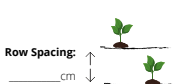
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Plant Spacing: \_\_\_\_\_ cm



# 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

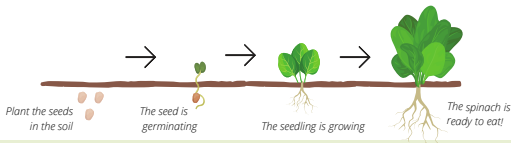
## HOW LONG DOES IT TAKE SPINACH TO GROW?

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: \_\_\_\_\_.

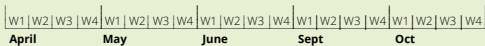
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Plant Spacing: \_\_\_\_\_ cm



# SPRING HARVEST CROP CARDS

## PEAS

(Pisum sativum) | Family: Fabaceae



## CARE

*Difficulty: Easy*

**Matures:** 60-70 days

**Exposure:** Cool season/full sun

**Care:** Direct sow early spring for spring harvest; sow again in summer for a fall harvest. **Seed Depth:** 1-2 cm

**Seed Spacing:** 2-7 cm **Row spacing:** 45-60 cm **Thinning:** Not required

**Optimal soil temp seeding:** 10-20°C

**Germinate/Sprout:** approx. 7-14 days

**How-to Grow Peas: West Coast Seeds**

## PEA INFORMATION



**Fun Fact:** Back in 1856 in the Czech Republic, Gregor Johann Mendell used peas in important genetic research, and learned about dominant and recessive traits.

**Lifecycle:** Annual **Variety:** Snow (flat peas that can be cooked or eaten raw), snap (delicious to eat raw) and shelling peas (peas are removed from shell to eat fresh or frozen). Most peas are green, but there is a purple variety!

**Growing:** Seeds can be planted as soon as the soil can be worked in the spring.

- Pea plants can be eaten, (even as microgreens) and taste a lot like peas themselves.

**Harvest:** Peas can be harvested at any size, depending on how you want to eat them (e.g. as pea pods or the peas on their own).

- If you leave some plants with the peas on them and let them dry out in the fall, you can collect the seeds and plant them next year!

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

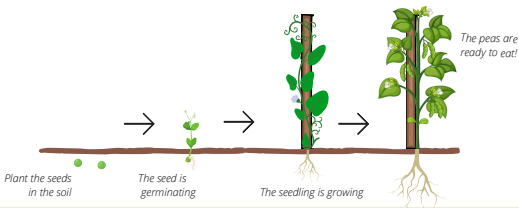
**Origin:** Asia



# SPRING HARVEST CROP CARDS

## HOW LONG DOES IT TAKE PEAS TO GROW?

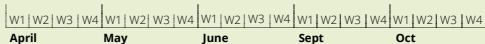
1. Check on the seed package for the **days to maturity**, which tells you that it will take \_\_\_\_\_ days for this plant to be ready to eat!
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**Plant Spacing:** \_\_\_\_\_ cm

