

## General Tips

- **June 10 is a widely accepted plant-out date** for frost-sensitive plants. Hardy crops such as broccoli, kale, spinach, and peas can be planted earlier (as seed or as transplants; see chart), but you would be wise to have a means of covering young plants if a frost is expected. Folks living outside of town may want to plant a week or two later. Check with neighbors who garden to see when they start their plants.
- Plants such as tomatoes, peppers, all squash, and basil need **night-time warmth** and are much more sensitive to cold temperatures. Consider waiting until later in June to put these plants out. If you put them out early, Walls O' Water or other frost protectors offer a greater chance of success. These plants do well in a spot with added warmth, such as near a south-facing wall. Row covers are helpful for these heat-loving crops in Laramie's cool summers, especially early and late in the growing season.
- **Our weather is unpredictable.** Expect the unexpected: temperature swings in spring and fall; late snows in spring, early snows in the fall; hail in summer. Do what you can to protect your plants and know that there will always be another chance next year!
- **Laramie's soils** tend to be heavy clays, so soils do best if amended each year with compost or well-aged livestock bedding or manure, added in the fall or early spring. Do not use fresh manure. For best results, get a soil test! Peas and beans benefit from an inoculant that can be purchased at most garden supply outlets.
- **Site your garden** to get as much sun and as little wind as possible. Most vegetables do best in direct day-long sunlight, so use your sunniest spot for your garden. In windy gardens, something to break the wind without shading plants is helpful.

## Suppliers

### Locally owned stores that carry seeds:

#### **Ace Hardware**

(611 E. Grand Ave.)

#### **Windmill Hill Greenhouse**

(4109 Ft. Sanders)

### Some favorite seed catalogs:

(all carry some organic seeds)

#### **Fedco Seeds (ME)**

[www.fedcoseeds.com](http://www.fedcoseeds.com)

**Johnny's** (ME; large employee-owned company) [www.johnnyseeds.com](http://www.johnnyseeds.com)

#### **Peaceful Valley** (CA; all organic)

[www.groworganic.com](http://www.groworganic.com)

#### **Pinetree Garden Seeds** (ME)

[www.superseeds.com](http://www.superseeds.com)

**Seed Savers Exchange** (IA; non-profit organization) [www.seedsavers.org](http://www.seedsavers.org)

#### **Territorial Seed Co.** (OR)

[www.territorialseed.com](http://www.territorialseed.com)

### Soil Tests:

You can get a soil test through Colorado State University.

<https://agsci.colostate.edu/soiltestinglab/>

Contact us at [laramiegardenclub@gmail.com](mailto:laramiegardenclub@gmail.com)

Laramie Local Foods and Laramie Garden Club present:

# Vegetable Gardening for Beginning Gardeners of Laramie

General tips for vegetable gardening in Laramie, with an emphasis on relatively easy-to-grow crops



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[laramiegardenclub.org](http://laramiegardenclub.org)

This document was originally based on input from Laramie Garden Club members and was compiled by Laramie Local Foods members. It is currently maintained by LGC members.

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# Recommended Crops and Their Planting Dates

Start indoors in seed trays or small pots and plant out as seedlings.

Direct sow early. (These plants can germinate and grow with cooler soil temperatures and have some frost tolerance.) Sow seeds directly in the ground around mid-May. Some can be started indoors and planted out as seedlings later in May (e.g., endive, escarole, kale, kohlrabi).

Direct sow late spring (around June 1).

Direct sow early summer (usually 2<sup>nd</sup> week of June). These plants need warmer soil temperatures to germinate.

Can be sown in early fall for spring crop (mulch heavily with straw, dirt, manure, compost to about 1 foot in depth, after hard frost).

	April	May	June	July	August	Sept.
Broccoli	-----	-----	-----	-----	-----	-----
Cabbage	-----	-----	-----	-----	-----	-----
Cauliflower		-----	-----	-----	-----	-----
Summer Squash		-----	-----	-----	-----	-----
Tomatoes	-----	-----	-----	-----	-----	-----
Arugula		-----	-----	-----	-----	-----
Endive		-----	-----	-----	-----	-----
Escarole		-----	-----	-----	-----	-----
Beets		-----	-----	-----	-----	-----
Kale		-----	-----	-----	-----	-----
Kohlrabi		-----	-----	-----	-----	-----
Lettuce		-----	-----	-----	-----	-----
Peas*		-----	-----	-----	-----	-----
Radish		-----	-----	-----	-----	-----
Spinach		-----	-----	-----	-----	-----
Turnips		-----	-----	-----	-----	-----
Chinese Cabbage			-----	-----	-----	-----
Asian Greens			-----	-----	-----	-----
Mustards			-----	-----	-----	-----
Swiss Chard			-----	-----	-----	-----
Onions†			-----	-----	-----	-----
Potatoes‡			-----	-----	-----	-----
Bush Beans			-----	-----	-----	-----
Carrots			-----	-----	-----	-----
Garlic§					-----	-----
Kale					-----	-----
Onions¶					-----	-----
Spinach					-----	-----

## Crops not recommended for Laramie:

Crops that have a long growing season, need hot temperatures, or are otherwise difficult to grow in Laramie:

- Artichokes
- Corn
- Cucumbers\*\*
- Eggplant\*
- Leeks
- Melons\*\*
- Okra
- Peppers and hot chiles\*\*
- Pole beans (*most need a longer growing season than bush beans*)
- Pumpkins (*some quick-maturing or smaller varieties are okay*)
- Winter squash (*some short-season varieties do well*)

\*\*A greenhouse, hoop house, or similar can increase your chance of success with these crops.

## Herbs that grow well in Laramie:

- Basil, Dill, Parsley, Cilantro, Summer Savory (*annuals; basil does better in a hot, protected spot*)
- Chives (*perennial; will spread*)
- Marjoram (*may not overwinter, but try mulching or bring it in for winter*)
- Mint (*perennial; spreads aggressively*)
- Oregano (*may not overwinter, but try mulching or bring it in for winter; likely to spread*)
- Sage (*may not overwinter; of edible varieties, pure green seems to .....be hardier*)
- Sorrel (*perennial and wonderful early crop*)
- Tarragon (*perennial; buy a plant; do not start from seed*)
- Thyme (*perennial; can die back in the winter*)

## Fruits that grow well in Laramie:

- Rhubarb (*start from plant; grows well without much care*)
- Strawberries and Raspberries (*can do well, but take some fussing*)

## Good for small gardens (produce a lot per square foot):

- Beans
- Carrots
- Chard
- Chinese cabbage and Asian greens
- Lettuce
- Onions
- Peas
- Radishes
- Spinach

\*Snow and snap peas do especially well in Laramie but must be trellised.

†Some onions can be planted earlier.

‡Plants are cold sensitive; protect until threat of frost is over.

§Plant individual cloves from a bulb.

¶Some onions will overwinter.