



# Your Garden Can Feed You All Year

Why might it be important to you to eat locally?

Be strategic in what you grow.

Questions to ask yourself when planning your garden.

What produce do you spend the most money on throughout the year?

Which vegetables taste better when you eat them in season?

Which vegetables would you eat more of if you had better/more access to them?

What vegetables are easy to preserve for out of season eating?

You can find a full worksheet of questions in my book, *Smart Start Garden Planner*.

## Plan by Season

Plant early

- Know your cold hard vegetables: beets, broccoli, bok choy, Brussels sprouts, cabbage, carrots, cauliflower, chard, cilantro, collards, dill, green onions, kale, kohlrabi, leeks, lettuce, onions, radish, oregano, parsley, parsnips, peas, sage, salad mix, spinach, thyme, turnip

Follow a planting calendar

Succession planting

- Best choices: beans, beets, broccoli, carrots, cilantro, cucumber, dill, lettuce, radish, salad mix, spinach, turnip

Plant a fall garden

- Best choices: arugula, beets, carrots, cilantro, greens, lettuce, radish, salad mix, spinach, turnip,

Overwinter spinach

## *Preserve*

Super Easy Food Preserving

Fresh storage: winter squash

Fridge storage: carrots, beets

Freezer Storage: tomatoes

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*Happy Gardening!*

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The Creative Vegetable Gardener