

Louisiana State University

LSU Digital Commons

Sustainable Gardening for School and Home
Gardens

LSU AgCenter

11-2021

Sustainable Gardening for School and Home Gardens: Sustainable Gardening Planting Guide

Johannah Frelie

Denyse Cummins

Carl Motsenbocker

Follow this and additional works at: <https://digitalcommons.lsu.edu/susgard>

SUSTAINABLE GARDENING

FOR SCHOOL AND HOME GARDENS

Sustainable Gardening Planting Guide



Create a Sustainable Garden by improving soil health, relying on locally available materials and resources, and practicing environmentally sound horticultural practices

Louisiana Sustainable Planting Guide for School and Home Gardens

How to use this guide: 1) Find your crop 2) If your crop is within the proper planting times for success, decide if you will direct seed or grow or buy transplants. Time required for producing transplants is given in weeks, as is how deep to plant if seeding in the field or trays and how far apart to put plants or seeds from neighbors within a row or the distance from rows of like plants. Days to Harvest informs when to expect to pick the first vegetable from a direct seeded or transplanted crop (in parentheses). Knowing the Plant Family helps with planning crop rotations to reduce potential future disease in the garden.

Crop	North/Central Planting Dates ^a	South Planting Dates ^a	Planting Method ^b	Seed Depth (inch)	Plant Spacing (inches)	Row Spacing (inches)	Days to Harvest ^c	Plant Family
Artichoke	Aug.-Oct.		T (6-8) or DS	¼	30-36	36-48	260	Asteraceae
Arugula	Sept.-March	Sept.-March	DS	¼	3-4	10	35-60	Brassicaceae
Asparagus	Feb.15-April 15	Feb.-April 15	Crowns (roots)	6-12	12-14	48-60	2-3 years	Asparagaceae
Beet	Feb.-March Sept. 15-Nov. 15	Jan. 15-March 15 Aug. 15-Nov. 15	DS	⅛-¼	2-4	10-12 Double set	50-70	Chenopodiaceae
Bean: Lima (Butter)	April-July 25	March-Aug. 15	DS	1	2-4	Bush: 18 Pole: 36-48	60-80	Fabaceae
Bean: Snap (Bush)	April-May 15 Aug.-Sept.	Feb.-May 15 Aug.-Sept.	DS	1	2-4	18 Double set	45-60	Fabaceae
Bean: Snap (Pole)	April-May 15 Aug.-Sept.	Feb.-May 15 Aug.-Sept.	DS	1	6-12	36-48	50-70	Fabaceae
Blueberries	Bare root: Nov.-Feb. Container: Nov.-May		T	NA	6-8 feet	10-12 feet	2-3 years	Ericaceae
Broccoli	Feb.-March 15 Aug.-Oct.	Jan. 15-March 15 Aug.-Oct.	T (5-7)	⅛-¼	10-24	12-24 Double set	75-100 (50-70)	Brassicaceae
Brussels Sprouts	Sept.-Feb.	Aug.-Feb.	T (5-7)	⅛	9-16	24	90	Brassicaceae
Cabbage	Jan. 15-March 15 Aug.-Nov.	Jan. 15-March 15 Aug. 15-Nov.	T (6) or DS	¼-½	9-18	12-36 Double set	85-110 (70-90)	Brassicaceae
Cabbage: Chinese	Jan. 15-March 15 Aug.-Oct.		T (6) or DS	¼-½	6-12 full size 2-4 baby	18 full size 3 baby Double set	70-100 (40-70)	Brassicaceae
Cantaloupe^d	April-July	March 15- Aug. 15	DS	½	12-36 or hills	60-72	85-110 (70-90)	Cucurbitaceae
Carrot	Jan. 15-March Sept.-Oct. 15	Jan. 15-March 15 Aug. 15-Nov. 15	DS	⅛-¼	1-3	10-12 Double set	70-90	Apiaceae
Cauliflower	Feb.-March 15 July 15-Oct.	Jan. 15-Feb. 15 July-Oct. 15	T (5-7)	⅛-¼	18-24	24-36	75-90 (50-70)	Brassicaceae
Celery	Aug.-Feb.	Sept.-Feb.	T (8-10)	⅛	6-12	18	210	Apiaceae

Crop	North/Central Planting Dates ^a	South Planting Dates ^a	Planting Method ^b	Seed Depth (inch)	Plant Spacing (inches)	Row Spacing (inches)	Days to Harvest ^c	Plant Family
Citrus: Orange and Grapefruit	Jan.-March		T	NA	30-40 feet diameter		3-4 years	Rutaceae
Citrus: Satsuma, Tangelo, Tangerine, Mandarin	Jan.-March		T	NA	20-30 feet diameter		3-4 years	Rutaceae
Citrus: Kumquat, Lemon, Lime	Jan.-March		T	NA	15-20 feet diameter		3-4 years	Rutaceae
Collards	Jan. 15-April July 15-Nov. 15		T (4) or DS	1/8-1/4	12-18	18-24	70-90 (50-70)	Brassicaceae
Corn: Sweet	March-April	Feb.-April	DS	1/2	10-12	28	69-92	Poaceae
Cucumber: Pickling ^d	April-May 15 July 15-Aug.	March 15-May 15 Aug.-Sept. 15	DS	1/2-3/4	6-8	36-48	45-65	Cucurbitaceae
Cucumber: Slicers ^d	March 15-May 15 July 15-Aug.	March-May 15 Aug.-Sept. 15	DS	1/2-3/4	9-12	36-72	45-65	Cucurbitaceae
Eggplant	April 1-May 15 Aug.	March 15-May 15 Aug.-Sept.	T (8-10)	1/8-1/4	18-36	30-36	90-115 (70-90)	Solanaceae
Endive	Jan.-Feb. Aug.-Oct.	Aug.-Feb.	T (4)	1/4	10	18	60-80	Asteraceae
Garlic	Oct.-Nov.	Oct.-Nov.	Cloves	1	2-4	18-24	210	Amaryllidaceae
Herbs: Cool season ^f	Feb. 15-April-15 Sept.15-Oct.	Feb-April 15 Sept. 15-Oct.	T (6-8) or DS	1/8	12-24	10-12	30-200	Various
Herbs: Warm season ^f	April-July	March-July	T (6-8) or DS	1/8	12-24	10-12	30	Various
Kale	Jan. 15-April July 15-Nov. 15		T (4) or DS	1/8-1/4	8-12	18	70-90 (50-70)	Brassicaceae
Kohlrabi	Sept.-March	Oct.-March	T (4)	1/8	9-12	24	55-75	Brassicaceae
Leeks	February Sept. 15-Oct.	January Sept. 15-Oct	DS or sets	1/4	4	14	120-150	Amaryllidaceae
Lettuce: Head	Jan.-Feb. Sept.-Oct.	Sept.-Feb.	T (4) or DS	1/8-1/4	10-15	12-18	60-80 (45-60)	Asteraceae

Crop	North/Central Planting Dates ^a	South Planting Dates ^a	Planting Method ^b	Seed Depth (inch)	Plant Spacing (inches)	Row Spacing (inches)	Days to Harvest ^c	Plant Family
Lettuce: Leaf	Jan.-Feb. Sept.-Oct.	Sept.-Feb.	T (4) or DS	1/8-1/4	4-8	12-18	60-80 (45-60)	Asteraceae
Lettuce: Romaine	Jan.-Feb. Sept.-Oct.	Sept.-Feb.	T (4) or DS	1/8-1/4	10-14	12-18	60-80 (45-60)	Asteraceae
Mustard greens	Sept.-Feb.	Aug.-Feb.	DS	1/8	3-4	10	35-42	Brassicaceae
Okra	April-July	March-Aug.	DS	1/2	10-12	36	60	Malvaceae
Onions	Feb. Sept. 15-Nov. 15	Oct.	DS or sets	1/2-1	4-6	14	135-210	Amaryllidaceae
Onions: Bunching	Aug.-March	Aug.-March	DS or sets	1/4	6	14	50-75	Amaryllidaceae
Peas: Snow and English	Feb.-March	Nov.-Feb.	DS	1/2	2-6	18	60-70	Fabaceae
Peas: Southern	March-July	Feb.-Aug.	DS	1/2	2-6	18	70-80	Fabaceae
Peppers: Hot	April-May July-Aug.	March 15-May 15 July-Aug. 15	T	1/8	12-18	36	70	Solanaceae
Peppers: Sweet	April-May 15 July-Aug. 15	March 15-May 15 July-Aug. 15	T (6-8) or DS	1/8	12-18	36	90-100 (55-75)	Solanaceae
Potatoes: Irish^g	Feb.-March Sept. 15-Oct. 15	Jan.-Feb Sept. 15-Oct.	tubers	4-6	10-12	36	90-120	Solanaceae
Potatoes: Sweet	May-June	April-June	slips	N/A	12	36	90-120	Convolvulaceae
Pumpkin	April 15-June 7	March 15- June 7	DS	1/2	36-60	60	90-120	Cucurbitaceae
Radish: Daikon	Aug.-Oct.	Sept.-Oct.	DS	1/4	6	12	20-60	Brassicaceae
Radish: Salad	Feb.-March Aug.-Oct.	Jan. 15-March Sept.-Oct.	DS	1/8	1	6	20-60	Brassicaceae
Rutabaga	July-Aug.	July-Aug.	DS	1/8	4-8	12	90	Brassicaceae
Shallots	July-Feb.	July-Feb.	bulbs	1	6-8	12	50	Amaryllidaceae
Spinach^e	Feb.-March Oct.-Nov. 15	Jan. 15-March Sept. 15-Nov. 15	DS	1/4	4-6	12	40-60 full size 25-35 baby	Chenopodiaceae

Crop	North/Central Planting Dates ^a	South Planting Dates ^a	Planting Method ^b	Seed Depth (inch)	Plant Spacing (inches)	Row Spacing (inches)	Days to Harvest ^c	Plant Family
Squash: Summer^d	March 15-May 15 July 15-Aug.	March-May 15 Aug.-Sept. 15	DS	1	12-24	36-48	40-50	Cucurbitaceae
Squash: Winter^d	April 15-May 15	March 15-May 15	DS	1	Bush: 24-36 Semi: 24-48 Vining: 48-60	Bush: 60-72 Semi: 72-96 Vining: 96-120	85-120	Cucurbitaceae
Strawberry	Sept. 15-Nov. 15	Sept. 25-Nov. 25	T	NA	12	12 Double set	90-100	Rosaceae
Swiss Chard	Jan. 15-April Aug. 15-Oct.		T (4) or DS	1/8-1/4	6-12	18	45-65	Chenopodiaceae
Tomato	March 20-May	March-May	T (6-8) or DS	1/8	Determinate: 12-24 Indeterminate: 24-36	Determinate: 48-60 Indeterminate: 60-72	90-110 (60-85)	Solanaceae
Turnip	Sept.-Feb.	Aug.-Feb.	DS	1/8	3-6	12	40-50	Brassicaceae
Watermelon^d	March 15-June	March-July 5	DS	1-2	24-60 or hills	72-144	80-100 (60-90)	Cucurbitaceae

^a North/Central region includes Zones 8A and 8B. South region includes Zones 9A and 9B. Use this site to determine your plant hardiness zone; planthardiness.ars.usda.gov.

^b Recommended planting method T = transplant and DS = direct-seed. Values in parentheses indicate the number of weeks before the outdoor planting dates that seeds may be started inside as transplants.

^c Days from seed to harvest; values in parentheses are from transplant (T) to harvest.

^d Transplants are also possible for these crops, although it is recommended to start seeds only 2-4 weeks before planting outside, otherwise seedlings may become stunted, too large for successful transplanting, and the transplants may have already started flowering and plants will not grow properly. In addition, using cell containers is also recommended.

^e Spinach does not often germinate well in garden beds and requires special care. Transplants are an option. Do not seed into media (or soil) with temperature over 85 F as this reduces germination.

^f Cool season herbs are parsley, cilantro, dill, oregano, garlic, fennel, chives. Warm season herbs are basil, thyme, mint, sage, catnip, rosemary.

^g Fall potatoes may have season cut short by frost and only produce small to medium tubers. Frost protection recommended.

Authors:

Johannah Frelier, M.P.H.

JFrelier@agcenter.lsu.edu

Louisiana Farm to School Program Manager
Louisiana State University Agricultural Center

Denyse Cummins, M.S.

DCummins@agcenter.lsu.edu

Extension Horticulturist
Louisiana State University Agricultural Center

Carl Motsenbocker, Ph.D.

CMotsenbocker@agcenter.lsu.edu

Louisiana Farm to School Executive Director
Professor of Horticulture and Sustainable Agriculture
Louisiana State University Agricultural Center

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

This institution is an equal opportunity provider.



Visit our website: www.LSUAgCenter.com

Luke Laborde, Interim LSU Vice President for Agriculture
Louisiana State University Agricultural Center
Louisiana Agricultural Experiment Station
Louisiana Cooperative Extension Service
LSU College of Agriculture

PUB3761-A (online) 11/21

The LSU AgCenter and LSU provide equal opportunities
in programs and employment.