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| **Basil – Genovese**  Plant seeds ¼ inch deep, 1.5 feet apart.  GrowWell-logo-final-grey_Harvest leaves by cutting off the top 2-4 inches of each stem. Plants will regrow and get bushier the more you harvest. Planting dates: May – early June.  *foodsecurity.missouri.edu* | **Basil – Genovese**  Plant seeds ¼ inch deep, 1.5 feet apart.  Harvest from the tips of each stem; cut  off the top 2-4 inches. Plants will regrow and get bushier the more you harvest.  Planting dates: Early May – Early June. | **Basil – Genovese**  Plant seeds ¼ inch deep, 1.5 feet apart.  GrowWell-logo-final-grey_Harvest leaves by cutting off the top 2-4 inches of each stem. Plants will regrow and get bushier the more you harvest. Planting dates: May – early June.  *foodsecurity.missouri.edu* |
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| **Beets - Detroit Dark Red**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest when beets are 2-4 inches across. Greens are edible too!  GrowWell-logo-final-grey_Planting dates: April 1 – mid-April and late July - early August.  *foodsecurity.missouri.edu* | **Beets - Detroit Dark Red**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest when beets are 2-4 inches across. Greens are edible too!  GrowWell-logo-final-grey_Planting dates: April 1 – mid-April and late July - early August.  *foodsecurity.missouri.edu* | **Beets - Detroit Dark Red**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest when beets are 2-4 inches across. Greens are edible too!  GrowWell-logo-final-grey_Planting dates: April 1 – mid-April and late July - early August.  *foodsecurity.missouri.edu* |
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| **Carrots - Red Core Chantenay**  Plant seeds 1/4 inch deep, 3 inches apart.  Space rows 18 inches apart. Prefers loose soil.  Harvest after roots are 3 inches long.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and mid-July – early August.  *foodsecurity.missouri.edu* | **Carrots - Red Core Chantenay**  Plant seeds 1/4 inch deep, 3 inches apart.  Space rows 18 inches apart. Prefers loose soil.  Harvest after roots are 3 inches long.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and mid-July – early August.  *foodsecurity.missouri.edu* | **Carrots - Red Core Chantenay**  Plant seeds 1/4 inch deep, 3 inches apart.  Space rows 18 inches apart. Prefers loose soil.  Harvest after roots are 3 inches long.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and mid-July – early August.  *foodsecurity.missouri.edu* |
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| **Collards – Georgia**  Plant seeds ¼ inch deep, 1 foot apart.  Space rows 2 feet apart. Harvest leaves from the bottom. Let younger, inner leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* | **Collards – Georgia**  Plant seeds ¼ inch deep, 1 foot apart.  Space rows 2 feet apart. Harvest leaves from the bottom. Let younger, inner leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* | **Collards – Georgia**  Plant seeds ¼ inch deep, 1 foot apart.  Space rows 2 feet apart. Harvest leaves from the bottom. Let younger, inner leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* |
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| **Cucumber – Marketmore 76**  GrowWell-logo-final-grey_Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on edge of garden. You can also grow in rows and use some type of fencing for them to climb to save space. Harvest when cucumbers are 8-9 inches long. Plants will vine. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Cucumber – Marketmore 76**  GrowWell-logo-final-grey_Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on edge of garden. You can also grow in rows and use some type of fencing for them to climb to save space. Harvest when cucumbers are 8-9 inches long. Plants will vine. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Cucumber – Marketmore 76**  GrowWell-logo-final-grey_Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on edge of garden. You can also grow in rows and use some type of fencing for them to climb to save space. Harvest when cucumbers are 8-9 inches long. Plants will vine. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Cucumber – Marketmore 76**  GrowWell-logo-final-grey_Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on edge of garden. You can also grow in rows and use some type of fencing for them to climb to save space. Harvest when cucumbers are 8-9 inches long. Plants will vine. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* |
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| **Dill – Bouquet**  Plant seeds ¼ inch deep, 1 – 1.5 feet apart.  GrowWell-logo-final-grey_Harvest leaves anytime. For canning, use fresh leaves and flower heads with mostly green seeds. Plant will die later in the summer and may reseed itself. Planting dates: late March – mid-April  *foodsecurity.missouri.edu* | **Dill – Bouquet**  Plant seeds ¼ inch deep, 1 – 1.5 feet apart.  GrowWell-logo-final-grey_Harvest leaves anytime. For canning, use fresh leaves and flower heads with mostly green seeds. Plant will die later in the summer and may reseed itself. Planting dates: late March – mid-April  *foodsecurity.missouri.edu* | **Dill – Bouquet**  Plant seeds ¼ inch deep, 1 – 1.5 feet apart.  GrowWell-logo-final-grey_Harvest leaves anytime. For canning, use fresh leaves and flower heads with mostly green seeds. Plant will die later in the summer and may reseed itself. Planting dates: late March – mid-April  *foodsecurity.missouri.edu* |
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| **Green bean – Contender (bush type)**  Plant seeds 1 inch deep, 3 inches apart.  Space Rows 2-3 feet apart. Pods are  GrowWell-logo-final-grey_“stringless” (without fibrous seam on pod). Harvest when they are 5-7 inches long. Planting dates: late April – May and late July – early August.  *foodsecurity.missouri.edu* | **Green bean – Contender (bush type)**  Plant seeds 1 inch deep, 3 inches apart.  Space Rows 2-3 feet apart. Pods are  “stringless;” harvest when 5-7 inches long.  Planting dates: Late April – May and late July – early August. | **Green bean – Contender (bush type)**  Plant seeds 1 inch deep, 3 inches apart.  Space Rows 2-3 feet apart. Pods are  GrowWell-logo-final-grey_“stringless” (without fibrous seam on pod). Harvest when they are 5-7 inches long. Planting dates: late April – May and late July – early August.  *foodsecurity.missouri.edu* |
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| **Kale – Red Russian**  Plant seeds ¼ inch deep, 8 inches apart. Space rows 2 feet apart. Harvest bottom leaves. Let younger leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* | **Kale – Red Russian**  Plant seeds ¼ inch deep, 8 inches apart. Space rows 2 feet apart. Harvest bottom leaves. Let younger leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* | **Kale – Red Russian**  Plant seeds ¼ inch deep, 8 inches apart. Space rows 2 feet apart. Harvest bottom leaves. Let younger leaves grow.  GrowWell-logo-final-grey_Planting dates: late March – mid-April and late July – early August.  *foodsecurity.missouri.edu* |
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| **Lettuce - Black Seeded Simpson**  Plant seeds 1/4 inch deep, 3 inches apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. To harvest, cut at base of plant 2 inches from soil. This is a loose leaf variety (does not form a head). Plants will re-sprout. Planting dates: April 1 – mid-May and August 1 – mid-September. *foodsecurity.missouri.edu* | **Lettuce - Black Seeded Simpson**  Plant seeds 1/4 inch deep, 3 inches apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. To harvest, cut at base of plant 2 inches from soil. This is a loose leaf variety (does not form a head). Plants will re-sprout. Planting dates: April 1 – mid-May and August 1 – mid-September. *foodsecurity.missouri.edu* | **Lettuce - Black Seeded Simpson**  Plant seeds 1/4 inch deep, 3 inches apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. To harvest, cut at base of plant 2 inches from soil. This is a loose leaf variety (does not form a head). Plants will re-sprout. Planting dates: April 1 – mid-May and August 1 – mid-September. *foodsecurity.missouri.edu* |
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| **Mustard – Southern Giant**  Plant seeds ¼ inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest outer  GrowWell-logo-final-grey_leaves. Let younger leaves grow.  Planting dates: mid-March – early May and early August – late August. *foodsecurity.missouri.edu* | **Mustard – Southern Giant**  Plant seeds ¼ inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest outer  GrowWell-logo-final-grey_leaves. Let younger leaves grow.  Planting dates: mid-March – early May and early August – late August. *foodsecurity.missouri.edu* | **Mustard – Southern Giant**  Plant seeds ¼ inch deep, 3 inches apart.  Space rows 18 inches apart. Harvest outer  GrowWell-logo-final-grey_leaves. Let younger leaves grow.  Planting dates: mid-March – early May and early August – late August. *foodsecurity.missouri.edu* |
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| **Okra - Clemson Spineless**  Plant seeds 1/2 inch deep, 12 inches apart.  Space rows 3 feet apart.  GrowWell-logo-final-grey_Harvest daily when pods are 2-4 inches long. Plants will get 4-5 feet tall.  Planting dates: mid-May – early June. *foodsecurity.missouri.edu* | **Okra - Clemson Spineless**  Plant seeds 1/2 inch deep, 12 inches apart.  Space rows 3 feet apart.  GrowWell-logo-final-grey_Harvest daily when pods are 2-4 inches long. Plants will get 4-5 feet tall.  Planting dates: mid-May – early June. *foodsecurity.missouri.edu* | **Okra - Clemson Spineless**  Plant seeds 1/2 inch deep, 12 inches apart.  Space rows 3 feet apart.  GrowWell-logo-final-grey_Harvest daily when pods are 2-4 inches long. Plants will get 4-5 feet tall.  Planting dates: mid-May – early June. *foodsecurity.missouri.edu* |
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| **Radish – Cherry Belle**  Plant seeds 1/2 inch deep, 1 inch apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. Harvest any time after roots are 1 inch across. Grows to maturity in about 20 days. Planting dates: late March – early May and August 1 – early September.  *foodsecurity.missouri.edu* | **Radish – Cherry Belle**  Plant seeds 1/2 inch deep, 1 inch apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. Harvest any time after roots are 1 inch across. Grows to maturity in about 20 days. Planting dates: late March – early May and August 1 – early September.  *foodsecurity.missouri.edu* | **Radish – Cherry Belle**  Plant seeds 1/2 inch deep, 1 inch apart.  GrowWell-logo-final-grey_Space rows 12 - 18 inches apart. Harvest any time after roots are 1 inch across. Grows to maturity in about 20 days. Planting dates: late March – early May and August 1 – early September.  *foodsecurity.missouri.edu* |
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| **Spinach - Bloomsdale**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 12 - 18 inches apart.  **GrowWell-logo-final-grey_**Harvest individual leaves or whole plants. Planting dates: April 1 – late April and late July - early September.  *foodsecurity.missouri.edu* | **Spinach - Bloomsdale**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 12 - 18 inches apart.  Harvest leaves or whole plants anytime leaves are 4 inches long or bigger. Planting dates: Late March – mid April and Late July - early September.  *.* | **Spinach - Bloomsdale**  Plant seeds 1/2 inch deep, 3 inches apart.  Space rows 12 - 18 inches apart.  **GrowWell-logo-final-grey_**Harvest individual leaves or whole plants. Planting dates: April 1 – late April and late July - early September.  *foodsecurity.missouri.edu* |
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| **Summer squash – Early Straightneck Prolific (yellow)**  **GrowWell-logo-final-grey_**Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on the edge of garden. Harvest when squash are 6 -10 inches long. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Summer squash – Early Straightneck Prolific (yellow)**  **GrowWell-logo-final-grey_**Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on the edge of garden. Harvest when squash are 6 -10 inches long. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Summer squash – Early Straightneck Prolific (yellow)**  **GrowWell-logo-final-grey_**Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on the edge of garden. Harvest when squash are 6 -10 inches long. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* | **Summer squash – Early Straightneck Prolific (yellow)**  **GrowWell-logo-final-grey_**Plant 4-6 seeds ½ inch deep in hills 6 feet apart. Two weeks after seeds sprout, remove all but 3 plants. If space is limited, only grow 1-2 plants on the edge of garden. Harvest when squash are 6 -10 inches long. Planting dates: mid-May - early June. *foodsecurity.missouri.edu* |
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| **Swiss chard – Rainbow**  Plant seeds ½ inch deep, 3 inches apart.  **GrowWell-logo-final-grey_**Space rows 18 inches apart. Harvest outer leaves and stems, leaving younger leaves to grow. Plants will grow spring, summer, and fall.  Planting dates: mid-April – May and late July – mid-August.  *foodsecurity.missouri.edu* | **Swiss chard – Rainbow**  Plant seeds ½ inch deep, 3 inches apart.  **GrowWell-logo-final-grey_**Space rows 18 inches apart. Harvest outer leaves and stems, leaving younger leaves to grow. Plants will grow spring, summer, and fall.  Planting dates: mid-April – May and late July – mid-August.  *foodsecurity.missouri.edu* | **Swiss chard – Rainbow**  Plant seeds ½ inch deep, 3 inches apart.  **GrowWell-logo-final-grey_**Space rows 18 inches apart. Harvest outer leaves and stems, leaving younger leaves to grow. Plants will grow spring, summer, and fall.  Planting dates: mid-April – May and late July – mid-August.  *foodsecurity.missouri.edu* |
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| **Turnip - Purple Top White Globe**  Plant seeds 1/4 inch deep, 3 inches apart for greens or 6 inches apart for roots. Space rows 18 inches apart. Harvest greens anytime. For roots, harvest when 1 – 4 inches across.  **GrowWell-logo-final-grey_**Planting dates: late March – early May and late July – mid-August.  *foodsecurity.missouri.edu* | **Turnip - Purple Top White Globe**  Plant seeds 1/4 inch deep, 3 inches apart for greens or 6 inches apart for roots. Space rows 18 inches apart. Harvest greens anytime. For roots, harvest when 1 – 4 inches across.  **GrowWell-logo-final-grey_**Planting dates: late March – early May and late July – mid-August.  *foodsecurity.missouri.edu* | **Turnip - Purple Top White Globe**  Plant seeds 1/4 inch deep, 3 inches apart for greens or 6 inches apart for roots. Space rows 18 inches apart. Harvest greens anytime. For roots, harvest when 1 – 4 inches across.  **GrowWell-logo-final-grey_**Planting dates: late March – early May and late July – mid-August.  *foodsecurity.missouri.edu* |
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