

Vegetables for your garden.

How to plant, water and fertilize vegetable plants in a garden bed.

Are vegetables annuals?

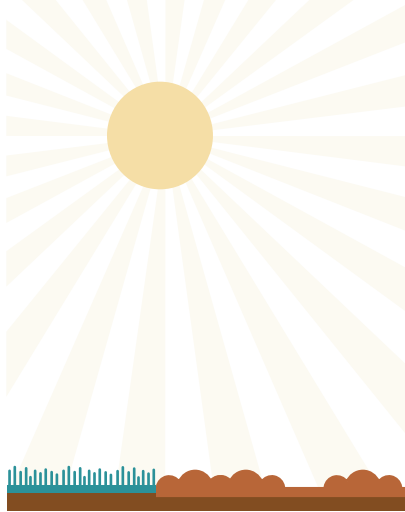
In our climate, most vegetables only grow for one season and need to be replanted every year. However, rhubarb and perennial onions will return season after season.

What you will need.

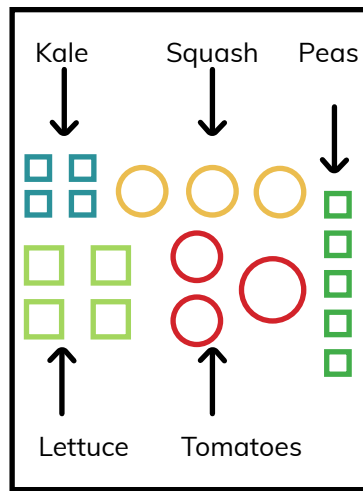


Top tip! When deciding which vegetables to plant, pick vegetables that your family enjoys eating and will get a good use out of.

How to plan.



1. Choose a sunny location in your garden.

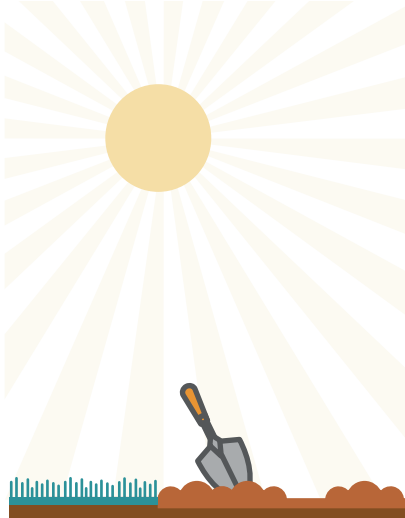


2. Sketch of how you would like to layout each crop; keep each plant's height in mind to prevent taller vegetables from shading lower ones.



3. Vegetables can be grown in combination with annuals, perennials, and shrubs or in containers.

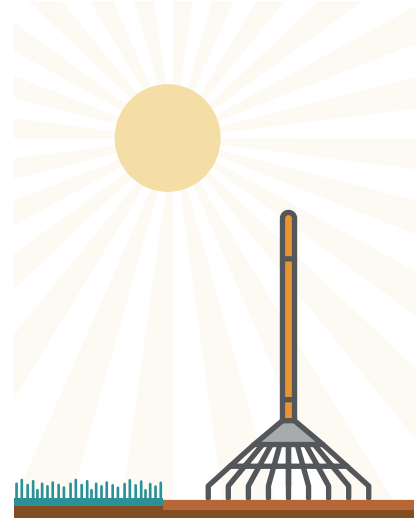
How to prepare the soil.



1. Spade or till the garden soil deeply to break up the soil.

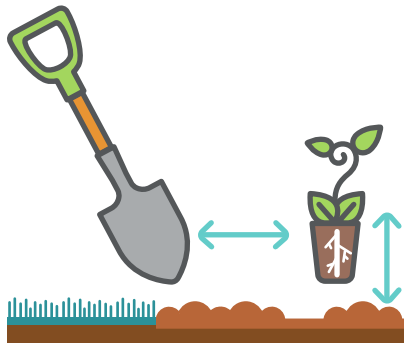


2. Add some compost, topsoil, or clay breaker (like gypsum) to your soil; this will improve the nutrients in the soil and help produce healthier plants. Mix the soil and additives together.



3. Rake the soil level. Now your garden is ready to plant.

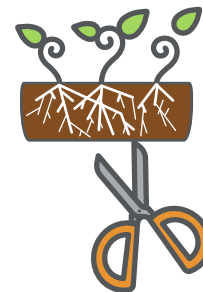
How to plant.



1. Dig a hole a little bit wider and deeper than the root ball using a trowel or shovel.



2. Remove the plant from the container it came in. Gently loosen the roots, by pressing on the sides of the plastic nursery container with your fingertips. If the plant came in a cell pack or pot, the roots may have grown matted around the pot. Gently tear or cut the roots so each plant is separated from one another before planting.



3. Place the plant in the hole and backfill any gaps (with the soil removed to create the hole). Gently press the soil so the plant is held in place, but the soil is not packed.



4. Be sure to leave space between plants so there is room to grow.



5. Water well after planting and enjoy!

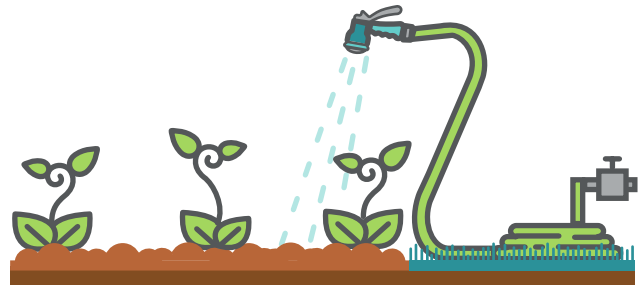
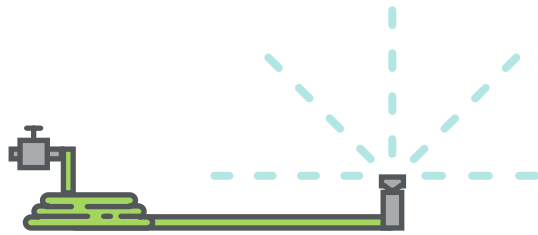
Favourite annual vegetables.

The following vegetables can be purchased as a grown plant in a nursery pot, are very popular in Calgary, and do very well in our climate and growing season:

- Cucumber
- Kale
- Lettuce
- Peas
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini

[Find these plants and more with our Plant Finder app, plantfinder.ca.](https://plantfinder.ca)

How to water.

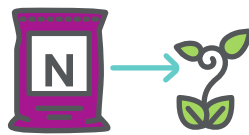


1. If your vegetable garden doesn't have irrigation, the best way to water is either with a sprinkler head or a hose with an attachment that can spray and reach the entire garden.
2. Water vegetables thoroughly and early in the day; make sure to water the soil, not the foliage. Water droplets that remain on the foliage overnight can encourage the development of plant diseases.

How to fertilize.



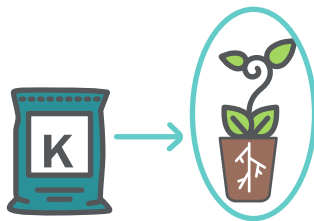
1. Fertilizers contain Nitrogen, Phosphorus and Potassium, each element encourages different types of growth.



Nitrogen promotes leaf and stem growth.



Phosphorus helps produce the vegetable (or fruit) and the roots.

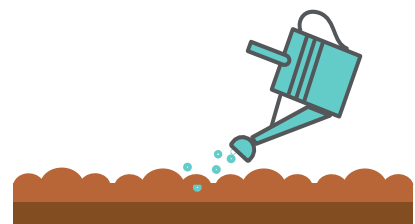


Potassium strengthens the overall plant and resists disease.



2. Select a fertilizer that works for your vegetable plants. Dilute and fertilize regularly according to the instructions.

Tip: It is better to over dilute fertilizer than under dilute.



3. Always make sure your soil is moist before applying fertilizer. This ensures the soil absorbs the fertilizer and the fertilizer doesn't directly hit the roots.