

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. You may wish to wait 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 near a south-facing wall. Row covers are also helpful for these heat-loving crops in Laramie's cool summers, especially early and late in the growing season.
- **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. Almost all 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.
- You can get a **soil test** at Colorado State University. Call 970-491-5061 for information.

Suppliers

Locally-owned stores that carry seeds:

- Ace Hardware** (611 E. Grand Ave.)
- Big Hollow Food Coop** (119 S. 1st St.)
 - Seed Savers Exchange
- Jeny Originals** (213 Grand Ave.)
 - Seeds of Change – all organic
- Grand Avenue Nursery** (Grand Ave. & Mockingbird Ln., E. of Walmart)
- Windmill Hill Greenhouse** (4109 Ft. Sanders)

Some favorite seed catalogs:

(all carry some organic seeds)

- Fedco Seeds** (ME)
www.fedcoseeds.com
- Johnny's** (ME; large employee-owned company) www.johnnyseeds.com
- Peaceful Valley** (CA; all organic)
www.groworganic.com
- Pinetree Garden Seeds** (ME)
www.superseeds.com
- Seed Savers Exchange** (IA; non-profit organization) www.seedsavers.org
- Seeds of Change** (NM; all organic)
www.seedsofchange.com
- Territorial Seed Co.** (OR)
www.territorialseed.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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This document is based on input from Laramie Garden Club members and was compiled by Laramie Local Foods 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; quick-growing crops can be sown again in summer for a fall crop.

Direct sow late spring (around June 1).

Direct sow early summer (usually 2nd 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*)

Herbs that grow well in Laramie:

- Basil, Dill, Parsley, Cilantro (*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*)
- Sage (*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

‡Mulch well until threat of frost is over

§Plant individual cloves from a bulb

¶Some onions will winter over