



HELLMANN'S RECOMMENDED PLANTING GUIDE

CONTENT PROVIDED BY OUR EVERGREEN GARDEN EXPERT

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Community garden plot size

200 square feet (18.6 square metres)

- 60–100 square feet (5.6–9.3 square metres) is a good starting size in higher-density downtown areas of large cities.
- In smaller municipalities and suburbs, plots can range up to 1,000 square feet (93 square metres).

RECOMMENDED FOR COMMUNITY GARDENS

Focus on productive plants with higher economic value that are least likely to be stolen: basil, beets, beans, carrots, cucumbers, lettuce, peas, peppers, spinach, squash, tomatoes. Potatoes, chives and eggplants are reasonably successful as well.

Backyard plot size

60–100 square feet (5.6–9.3 square metres)

- A year's supply of vegetables and fruit for one person (320 pounds/145 kilograms) can be produced on an area as small as 100 square feet (9.3 square metres).

RECOMMENDED FOR BACKYARDS

In your first year or two, try 5-10 easy-to-grow plants, like basil, beans, beets, carrots, chives, cucumbers, lettuce, potatoes, peas, pumpkins, rhubarb, spinach, squash, strawberries and tomatoes. In subsequent years, try adding asparagus, blueberries, broccoli, Brussels sprouts, cabbage, celery, corn, eggplants, gooseberries, peppers, raspberries and sweet potatoes.

Window boxes

1 square foot per sunny window (.09 square metres)

RECOMMENDED FOR WINDOWSILLS

In a sunny windowsill, try basil, beets, carrots, chives, lettuce and peas.

Rooftop/balcony planter size

10 square feet (.93 square metres) per gardener

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- This allows for a variety of pot or planter sizes for one individual. Smallest pots should have a minimum of 8–10 inches (20–25 cm) of soil.
- Use plastic pots instead of clay, to retain moisture and keep roots cooler.

RECOMMENDED FOR ROOFTOPS

For higher production projects, focus on heat-loving plants, like basil, beans, chives, cucumbers, eggplants, peppers, pumpkins, squash, tomatoes. For leisure container gardens, include a mix of shade-loving plants underneath sun-loving plants. These include heat-tolerant lettuces, as well as spinach and carrots. Early in your second season, try strawberries, lettuce and peas. Perennials like asparagus, blueberries, gooseberries, raspberries and strawberries should survive most winters.

Plant selection by hardiness zones and number of frost-free days

Perennials should be selected by their hardiness, or the minimum temperature they can tolerate. Hardiness zones for recommended perennials range from 0a to 8a, with zero representing colder areas and 8a being relatively mild (for Canada!). Below are the zones for some common plants:

Raspberries	(0-8a)	Note: cover tips in zone 0-1
Strawberries	(0-8a)	Note: mulch in the north
Blueberries	(0-8a)	
Rhubarb	(2-8a)	
Gooseberries	(1b)	
Chives	(3-8a)	

To determine your zone

Annuals are selected by the number of frost-free days available. Check seed packages for information on the number of growing days needed. Some annual plants are frost tolerant and are able to grow well in the far north. These include peas, cabbage, lettuce, carrots, beets, broccoli, brussel sprouts, spinach and potatoes. Short season beans can be grown and, with greenhouse protection, tomatoes, eggplant, peppers and squash can grow well, too.

See the Plant Hardiness Zones of Canada map (<http://nlwis-snite1.agr.gc.ca/plantoo/>).

For more detailed information log on to <http://www.evergreen.ca>

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