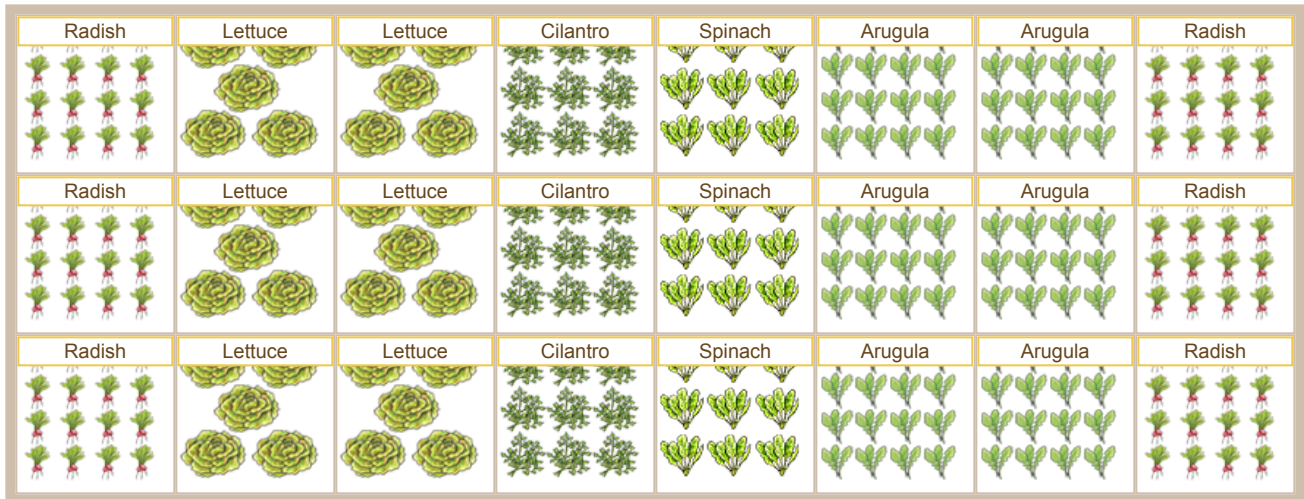
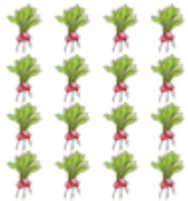


Planting Map & Guide for Lettuce, Radish, Arugula and Spinach



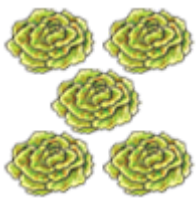
Planting Guide:



Radish

- Plant 1/2" deep directly in garden four weeks before last frost or after soil reaches 45 degrees F.
- Plant successive crops anywhere there is unused space in the garden.
- Spacing: 16 plants per sq. ft.
- Days to harvest: 21 to 28. Frost-hardy.
- Hint: Harvest as soon as possible. Roots get woody when large.
- [Buy organic radish seeds](#)

[Learn more about Radish in our Vegetable Encyclopedia](#)

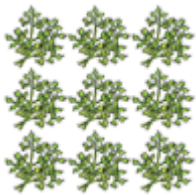


Lettuce

- Sow seed indoors 1/4" deep, eight weeks before last frost or in garden when soil is 50 degrees F.
- Transplant seedlings when four weeks old.
- Spacing: Start with five seedlings, eat four as they grow and let one head mature to full size.
- Plant more lettuce seeds every two to four weeks for a continuous supply
- Days to harvest: 50 days to full size. Edible anytime. Replant every two weeks. Frost-hardy.
- Hint: Lettuce dislikes heat. Give plants afternoon shade and lots of water.
- [Buy organic lettuce seeds](#)

[Learn more about Lettuce in our Vegetable Encyclopedia](#)

Cilantro



- Sow seeds directly in the garden around last frost date. Plant 1/4" to 1/2" deep. Cilantro goes to seed quickly, so plant more seeds every three weeks to ensure a constant supply.
- Spacing: Sow 18 seeds per sq. ft.; thin to nine plants per sq. ft.
- Days to harvest: 50 days for leaves, 90 days for seed harvest.
- Hint: Do not fertilize. Harvest individual stems or cut back entire plant with scissors, leaving 1" at base to regrow.

[Learn more about Cilantro in our Vegetable Encyclopedia](#)



Spinach

- Plant seeds 1/2" deep directly in garden up to six weeks before last frost.
- Sow spinach every two weeks in spring and again in late summer for fall crops.
- Spacing: sow 18 seeds per sq. ft.; thin to nine plants per sq. ft.
- Days to harvest: 30 to 40 days from germination. Very frost-hardy.
- Hint: Spinach bolts in hot weather, so harvest early. Keep soil cool and moist with mulch or [shade netting](#).
- [Buy organic spinach seeds](#)

[Learn more about Spinach in our Vegetable Encyclopedia](#)



Arugula

- Sow seeds directly in garden, 1" apart and 1/4" deep, starting four weeks before last frost.
- Spacing: Broadcast seed then thin to 16 per sq. ft.
- Plant a new crop every two to three weeks until midsummer; sow again in late summer for fall harvest.
- Days to harvest: 30 days to full-size leaves; small leaves are ready in 21 days. frost-hardy.
- Hint: Fall crops are less bothered by flea beetles; cover spring crops with fabric to minimize damage

[Learn more about Arugula in our Vegetable Encyclopedia](#)